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SILENT HEALTH RISKS

WHAT EVERY YOUNG ADULT NEEDS TO KNOW



My Health, My Responsibility

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WHAT ARE SILENT HEALTH CONDITIONS?

Understanding non-communicable diseases (NCDs) that develop quietly, without obvious warning signs, into:



Diabetes



High Blood Pressure



High Cholesterol



Thyroid Disorders



Sleep Apnea



Obesity



These affect each other and can co-exist in the same person.

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WHY SHOULD YOU CARE?

These health risks are more common.
These Are Widely Prevelent.



1 IN 5 — Under-30 adults were prediabetic



4 IN 10 — College students were overweight



MORE THAN 1 IN 3 — Female students tested had anaemia



52% — Had abnormal cholesterol



46% — Had prehypertension

You may not know you have a health problem

Source: *Apollo Health of the Nation 2026. Apollo ProHealth data, 2025; under-30 cohort: 105,082 adults. College student data: 20,164 students aged 17–25.*

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I AM YOUNG; I AM FINE-OR AM I?

Being young does not automatically protect you from NCDs. Environment and lifestyle are affecting :



Too little movement



Ongoing stress



Unhealthy eating



Poor sleep



Smoking/ vaping

The effects build up over time

Invisible damage—unnoticed shifts; Early Onsets

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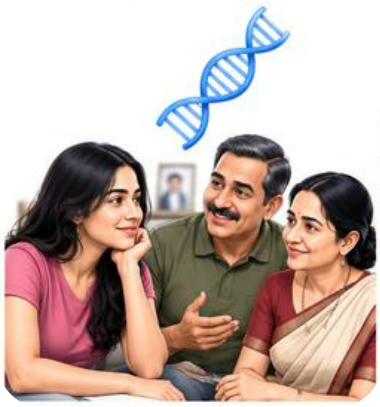
ARE YOU AT HIGHER RISK-KEY TRIGGERS

Anyone can develop these conditions, but risks grow with:



Family History (genetics)



Low Activity



Unhealthy Diets



Chronic Stress



Tobacco/Alcohol Use



Poor Sleep

Normal routine can silently stack up risks.

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POOR SLEEP CAN BECOME A HEALTH RISK

Anyone can develop these conditions, but risks grow with:



Late Nights



Irregular Sleep



Too Little Sleep

These may feel normal during youth.

But when poor sleep becomes a regular pattern, it can affect your overall health.

Make regular, adequate sleep part of your routine.

If sleep problems persist, seek medical advice.

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TOO MUCH SITTING CAN AFFECT YOUR HEALTH

Sitting for long periods with little movement can increase health risks.

BREAK UP LONG PERIODS OF SITTING



Stand up every hour



Stretch Between each



Take 5-minute walk breaks

Regular movement throughout the day matters.

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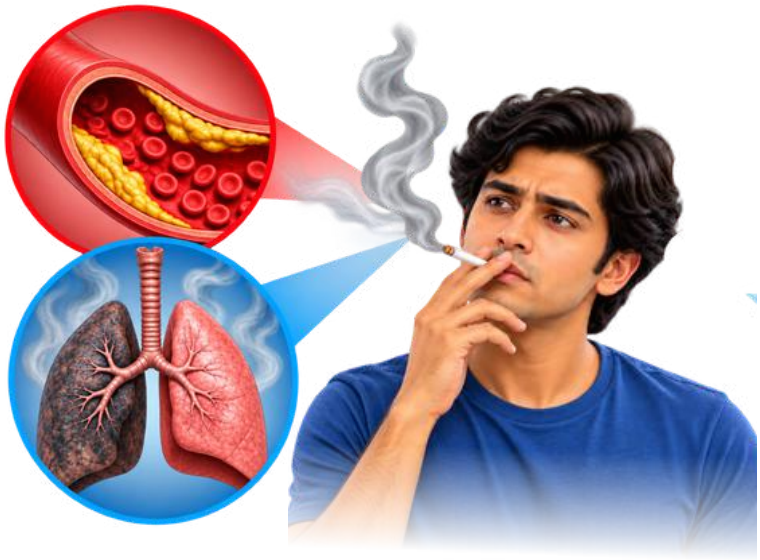
SMOKING AND VAPING — THE HIDDEN ILLNESS





Cause:

Toxic substances; strain on blood vessels, effect lungs.



Act Now: Do not wait for health problems to show up before quitting.

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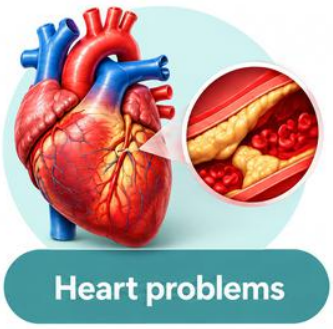
KNOW YOUR FAMILY HEALTH HISTORY

Genes can play a role in your developing:







Having a family history does not mean that you will definitely develop the same condition.

But knowing your family history can help you understand your risk and take preventive steps early.



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WHY PREVENTIVE SCREENING MATTERS

Talk to your healthcare provider before symptoms start.

Your healthcare provider can help you with:



Assessing your risk



Guidance on healthy lifestyle changes



Regular screening and monitoring



Answering your questions

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WHAT IS YOUR BODY TELLING YOU?

Get checked if you notice persistent:



Constant fatigue



Increased thirst



Frequent urination



Unexplained weight changes



Recurring headaches

Your healthcare professional will help diagnose



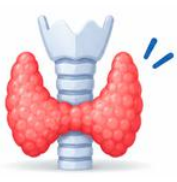
Blood Pressure



Blood Sugar



Lipid Profile



Thyroid Function

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SMALL CHANGES CAN PROTECT YOUR FUTURE HEALTH

Healthy habits can help lower your risk of silent health risks



Eat regular, balanced meals



Move more and sit less



Get regular, adequate sleep



Avoid smoking and vaping



Manage ongoing stress

Small changes become more meaningful when they are continued over time.

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IF YOU ALREADY HAVE AN SILENT HEALTH RISKS



Follow your prescribed treatment



Keep up with recommended follow-ups



Discuss concerns with your healthcare professional

Do not stop or change prescribed treatment on your own.
Feeling better does not always mean the condition has gone away.

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WHEN SHOULD YOU SEEK EMERGENCY HELP?

Do not wait or try to manage these signs at home :

Heart Attack



- Severe chest pain or pressure.
- Pain spreading to arm, jaw or back.
- Shortness of breath, sweating.
- Nausea or dizziness.

Stroke - Act Fast



- Sudden numbness in face, arm or leg.
- Sudden confusion or trouble speaking.
- Sudden severe headache.
- Loss of balance or vision.

Severe Breathing Difficulty



- Unable to speak full sentences
- Lips or fingertips turning blue
- Rapid, shallow breathing
- Wheezing that does not improve

Cardiac Arrest



- Sudden collapse or loss of consciousness
- Not responding when spoken to or touched
- Not breathing normally or only gasping

Know Your Risks.
Take Action Today For Better Health

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